

**SOUTHWEST
REGION
HOMETOWN
HEALTH**

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P.R.I.D.E. ACADEMY TEXARKANA ARKANSAS POLICE DEPARTMENT 2012



Incoming College Hill Middle School students got a head start on the year when Texarkana Arkansas Police Department partnered with the Southwest AR Prevention Taskforce to host the inaugural PRIDE Academy. The week-long summer camp was held the week before school started for 5th grade students entering College Hill Middle School. Officer Kristi Mitchell, PRIDE Academy Coordinator, said the camp is designed to foster lasting relationships between

children and officers, as well as provide guidance for children at a critical juncture in their lives. PRIDE stands for Personal Responsibility in Daily Efforts, and each day of camp had a theme such

as peer pressure, integrity and empowerment. The camp ran from 8 a.m. to 3:30 p.m. each day, and the last day featured a graduation ceremony modeled after an "official" police academy ceremony where each "recruit" received a diploma, as well as a backpack stocked with school supplies for the upcoming year. The campers were recognized as recruits, even wearing name tags referring to them as such. They were each given a T-shirt to identify them as a member

of the blue, green, red, purple or yellow team. Each team came up with a mascot such as the Red Devils or Wild Cats, and also developed a team chant used to get them fired up. Each team of 20 students was led by three officers, a school counselor, and teen peer leaders who stayed with them throughout the week. The teams were assigned by school officials who took special care to ensure there were students from all five Arkansas-side elementary schools in every group. (article continued on page 3, Texarkana Police Officers pictured below).



Include Fruits and Veggies at Your Next Get-Together

- Use a fresh vegetable platter or fruit salad as a colorful, appetizing, and tasty centerpiece.
- Make kabobs by placing bite-sized pieces of fruits or veggies onto skewers. Get your kids to help—they are fun to make and eat!
- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.
- Season your dishes with garlic, onions, or lemon.

Back to School Supply Event



Arnell Washington, Cynthia Ward, and Edie Greenwood .

On Saturday, August 18th, Edie and Arnell staffed a booth at the Back to School Supply Event, at the Elementary School, in Lewisville. LIFE Coalition members joined Stacy Harper of Light House Solutions and Lakesha Bradley, a Walmart Executive, and former residents, to sponsor the event and were able to give over 200 bags of school supplies.



Arnell, Washington, Stacy Harper, and Edie Greenwood

September is Fruits & Veggies—More Matters Month

Have you wanted to make a change? Maybe drop a few pounds or add more exercise to your schedule?

September is Fruits & Veggies—More Matters Month and there's never a better time to start than right now!

Many of us often think of January as the ideal time to begin a new routine, but September also marks new beginnings—a new season and a new school year.

As summer fades into autumn it provides an opportunity to either start something new or re-energize your existing commitment to a healthy lifestyle.

Eat A Colorful Variety Every Day

Dazzle your kids with color! Eating fruits and veggies in a variety of colors - red, dark green, yellow, blue, purple, white, and orange - not only provides eye candy for your kids but mixing things up also gives them a broad range of nutrients. So “think variety, think color” and everybody wins!



All of the tips on this page, resources, recipes, and more can be found at: www.fruitsandveggiesmorematters.org

Shopping and Cooking With Kids

Kids will make good choices, taking fruits and vegetables over less nutritious foods, when given a chance. Encourage healthy eating by creating a supportive environment, where parents and other caregivers model healthy eating. Involving children in shopping, cooking family meals and even gardening are other important steps in getting kids interested in fruits and vegetables.

Shopping

Toddlers

When at the store, talk about the names, shapes, colors, and sizes of

fruits and vegetables.

Preschool

Have them help bag your purchases. Count the items as they are put in the bag. Spell the names of fruits and vegetables.

Grade school

Talk about how fruits and vegetables are grown and where they are grown. Talk about fruits and vegetables eaten in other cultures, and try new ones.

Cooking

All ages can learn the importance of

good hand washing and sanitation techniques. Use “kid-size” tools—if the counter is too high, use a sturdy step stool or have children sit at the kitchen table.

Toddlers

Give them play foods or pots, pans, bowls and spoons to help “cook.”

Preschool

Have them help measure ingredients. Have them help combine and stir ingredients.

Grade school

Make simple, no-bake recipes.

Ten Ways to Get Kids to Eat More Fruits and Vegetables

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at res-

taurants.

4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.
6. Ask that fruits and vegetables be offered at school functions, after school

programs, and in vending machines.

7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Ask friends or relatives to offer vegetables and fruit to your children.

P.R.I.D.E. ACADEMY 2012

TEXARKANA ARKANSAS POLICE DEPARTMENT

The academy sought to give incoming fifth-graders the information and skills needed to successfully navigate through middle school and beyond. Focus topics of the camp included peer pressure, bullying, personal achievement, respect, personal hygiene, team work, communication skills, personal motivation and similar topics. Learning sessions were facilitated by L.O.V.E., Inc from Little Rock, Extreme Youth Leadership from Midland, TX, along with other presenters including Arkansas Department of Health, UAMS AHEC-SW, U of A Cooperative Extension, AR Attorney General Office and other local partners. While 22 TAPD officers participated in the academy, the event was a true community collaboration. A "recruit" of the Blue Knights said she especially enjoyed the process of coming up with and performing a skit about pride and

respect. "We had 15 minutes to make a skit. We practiced twice and we did it perfectly, is what I think. And I think I have an awesome team!" To follow up on sessions regarding respect and pride, the teams also worked on a service project at the middle school's outdoor pavilion and courtyard. With help from Texarkana Regional Arts and Humanities Council, students and officers painted, pulled weeds, cleaned up litter and even did some power washing. In an effort to promote team work, there was an elaborate obstacle course set up in the gym. Officers went through the obstacle course Monday morning to show how team work prevails. Each of the five teams spent one hour per day on the course leading up to Friday's team competition. Officers Mitchell and Munn said the course is specifically designed to force the members of each

team to work together. "It takes work to make it happen," Munn said. "They have to make the right decisions going through it. ... If you don't make the right decisions while participating and don't do it as a team, you're not going to get through it." CHMS Principal Marguerite Hillier said she was enthusiastic when Mitchell first brought her the idea of PRIDE Academy months ago. "I knew it was just what we needed! It has turned out better than I ever thought it could be. This is just really going to help our kids start out on top this year," Hillier said. Chief Harrison has declared the PRIDE Academy an annual event and the follow up piece to the program is being developed now. PRIDE will run throughout the school year to encourage a continued bond between students and officers and even to new students.

Dallas County Community Rally

Representatives from over seven minority churches attended the Dallas County Community Rally on August 19th where 29 youth pledged to abstain from alcohol, tobacco, and other harmful drugs. The speakers were Wanda Andrews, Master in Addiction Studies, and Conchetta Knight, counselor from the Department of Corrections. Many of the parents commented that they were amazed to find out how wide spread underage drinking is and how the majority of youth in high

school use alcohol. Youth were able to admit it is a problem that they have to face.

People who have had a stroke or are living with hypertension talked about their experiences and stated how they wished they would have made better choices when they were younger. Educational material on stroke and hypertension was displayed and each parent received a bag of materials. Healthy snacks were provided. Funding for the rally came from a grant from

the Arkansas Minority Health Commis-



Columbia County Back to School Bash and Family Care Fair



Melissa Cooper, Bash and Family Care Chair, (L) and Arnell Washington

On Wednesday, August 15, Columbia County held the 2012 Back to School and Family Care Fair, at the South Arkansas Youth Service Building, in Magnolia. Over 250 youth visited booths from more than 20 vendors for information on the various health services and resources for youth. School supplies, door prizes, activities and refreshments were provided. Some of the youth

who waited in line more than an hour for the bash to begin can be seen below.





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September is National Childhood Obesity Awareness Month

In the past four decades, obesity rates in the United States have soared among all age groups. This rise in obesity rates has affected our youth in alarming fashion. Childhood obesity has increased more than fourfold among those ages 6 to 11. More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. And this epidemic puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood. Even greater disparities exist among young Hispanics and children of color. (Excerpt from www.healthierbrighterfutures.org)

Obesity in Arkansas

Among Arkansas's adults age 18 and over ¹

66.3% of adults were overweight, with a Body Mass Index of 25 or greater

30.1% of adults were obese, with a Body Mass Index of 30 or greater

Among Arkansas's adolescents in grades 9 through 12 ²

15.7% were overweight (\geq 85th and $<$ 95th percentiles for BMI by age and sex)

14.4% were obese (\geq 95th percentile for BMI by age and sex)

Among Arkansas's children aged 2 years to less than 5 years ³

16.2% were overweight (85th to $<$ 95th percentile BMI-for-Age)

14.1% were obese (\geq 95th percentile BMI-for-Age)

References: CDC Behavioral Risk Factor Surveillance System: Prevalence and Trend Data –Overweight and Obesity, U.S. Obesity Trends, Trends by State 2010. Available online at <http://www.cdc.gov/brfss/>.

CDC Adolescent and School Health. CDC, Division of Adolescent and School Health. The 2009 Youth Risk Behavior Survey. Available online at <http://www.cdc.gov/HealthyYouth/yrbs/>

Around the Region



Sevier County - Dr. Seuss and the Lorax was the theme of the 13th Annual Children's Health Fair held on August 14th at the CCCUA Agriculture Building in De Queen. Besides viewing exhibits, participants rotated through multiple 5-minute teaching sessions on a variety of health topics. Teresa Morris, Sarah Powell and Cheryl Byrd (pictured above, L-R) used the pig lungs to illustrate the consequences of tobacco use. Other health topics included oral health, bullying, ATV safety, fire safety in the home, bicycle safety, hand washing, healthy snacks and poison control. Smiles of AR provided dental exams and SW EMS was on hand to finger print children and make identification cards. There were 170 youth and 83 adults who signed in and 52 vol-

unteers helped with the event.

Little River County - A bulletin board was decorated to promote breastfeeding during World Breastfeeding Week. The board was located by a waiting room that both maternity and WIC patients use. The board displayed common myths and facts about breastfeeding. It also discussed how WIC supports breastfeeding mothers.



Miller County - Arnell Washington, RHS, was among several vendors who staffed a booth on August 29th at the Community Health and Resources Health Fair for city employees held at the Southwest Center,

In Texarkana, TX. There were 95 employees and family members in attendance.

Ouachita County - Rebecca Wright, OCHU administrator staffed booth at the Esterline Health Fair in Camden on August 7th. More than 150 employees attended.



Montgomery County - Several agencies joined together to host the 5th Annual Terry Todd Memorial Men's Health Day at the Montgomery County Health Unit. Free health screenings were provided that included: prostate cancer screenings, blood sugar, cholesterol, blood pressure, height & weight and colorectal cancer. Information was available to the men on prostate cancer, tobacco, cardiovascular health and general public health. 40 men attended the event.